**Crunchy Bok Choy Stir Fry**

**Produce**

garlic *(if needed)*

yellow onion *(if needed)*

2 bunches baby bok choy

1 red bell pepper

6 oz.  cremini mushrooms

2 kiwis

3 oz. slivered almonds

**Canned/Dried Foods**

brown rice *(if needed)*

low sodium veggie broth *(if needed)* one

sesame oil *(if needed)*

8 oz. can sliced water chestnuts

low sodium soy sauce *(if needed)*

rice wine vinegar*(if needed)*

dry cilantro leaves*(if needed)*

white wine to cook with *(if needed)*

**Frozen Foods**

Plant-based Chick’n Strips of choice*(if meatless)*

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast *(if eating meat and if no cooked breasts at home in freezer)*

**Chilled Foods/Dairy**